

# Positive Psychology Learning & Behaviour

**Brian Plummer**

**Sue Martinov**

Brian Plummer

Sue Martinov

# Moreese Bickham Story



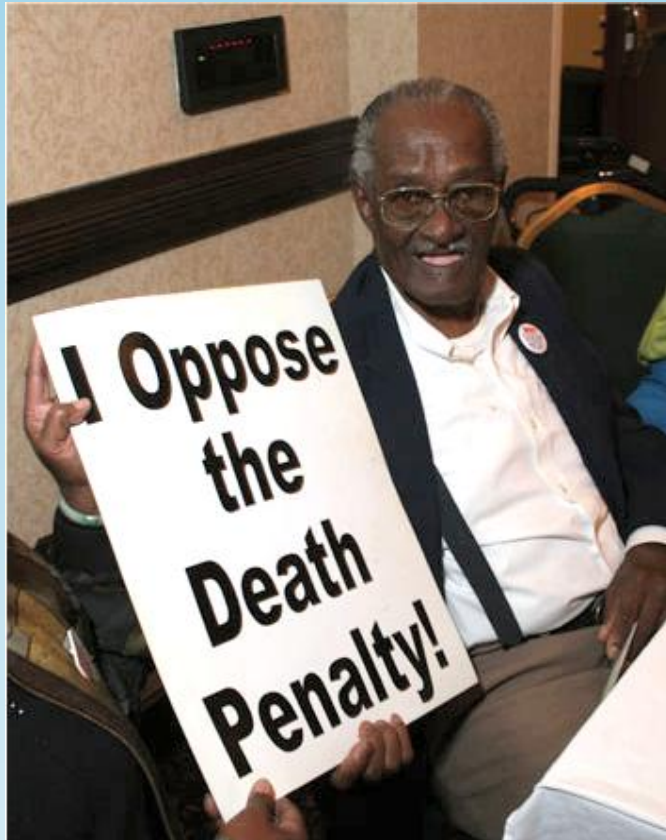
## Rosebush Inside

Don't you know  
for a moment know  
you think the world owes you  
it don't owe you a thing



There's a man doing time  
keeping a rosebush alive  
He was wrongly accused  
40 years and still survived

# What is a life well lived?



Moreese Bickham

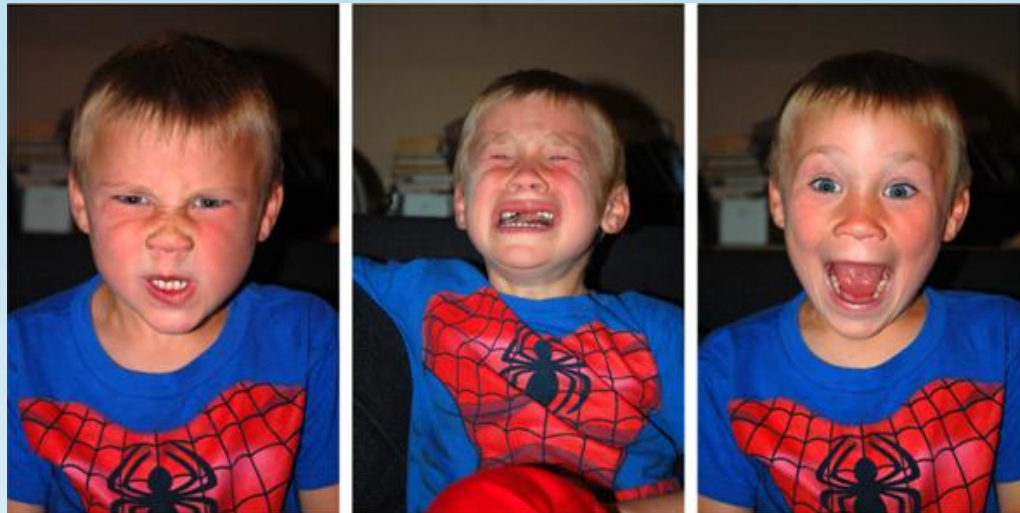


Jessica Watson

# What is a Life Well Lived?

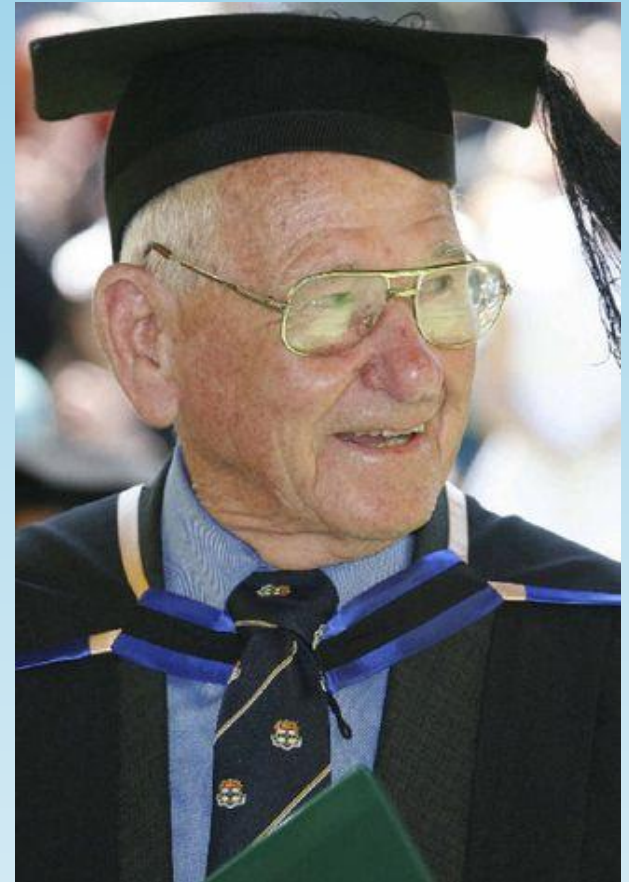
**Life** is what happens to you.  
**Living** is what you do about it.”

Dr Nick Bayliss



# World's Oldest Graduate

Alan Stewart from NSW got his first degree in 1936. Last year got his 4<sup>th</sup> degree at the age of 97.



*He attributes his vitality to fitness of mind, body, purpose, spirit and social fitness.*



# Role Models



Nick Vujicic



Jessica Mauboy



Ian Thorpe



Adam Hills



Marita Cheng

Jessica  
Watson



# Personality

- Easy going
- Optimistic
- Sense of humour
- Socially Competent



# Family

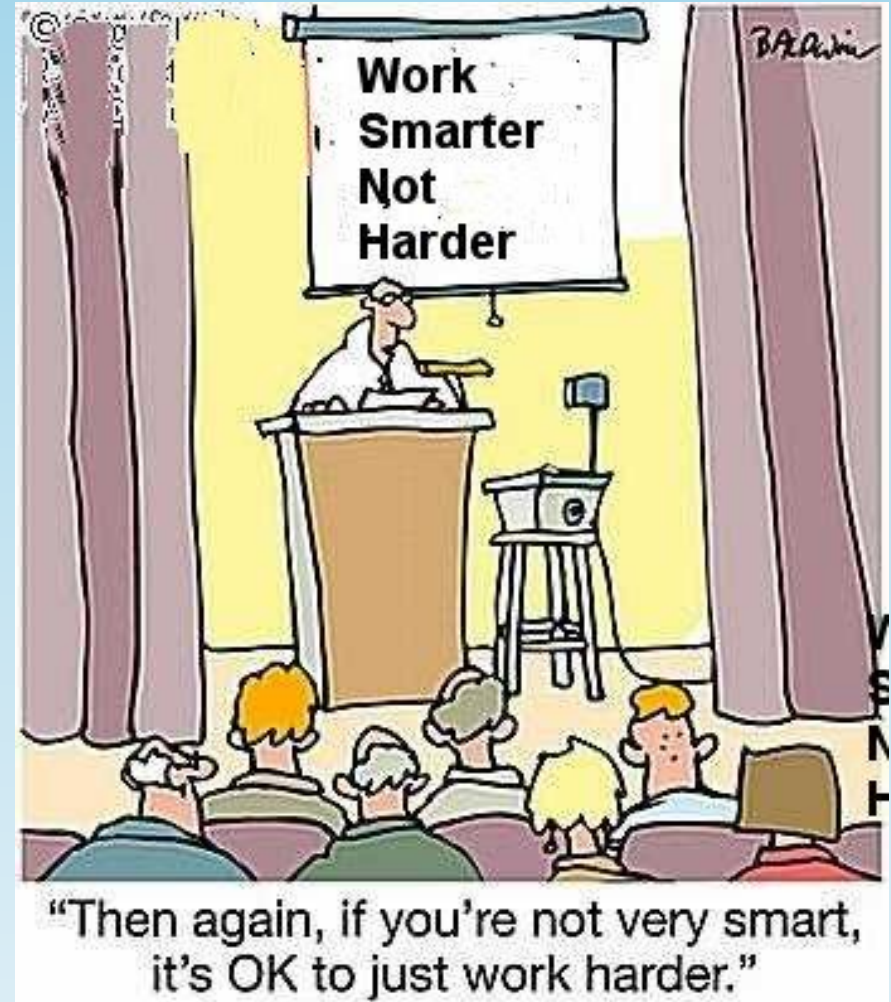
- Positive outlook
- Sense of coping
- Clear Values
- Supportive





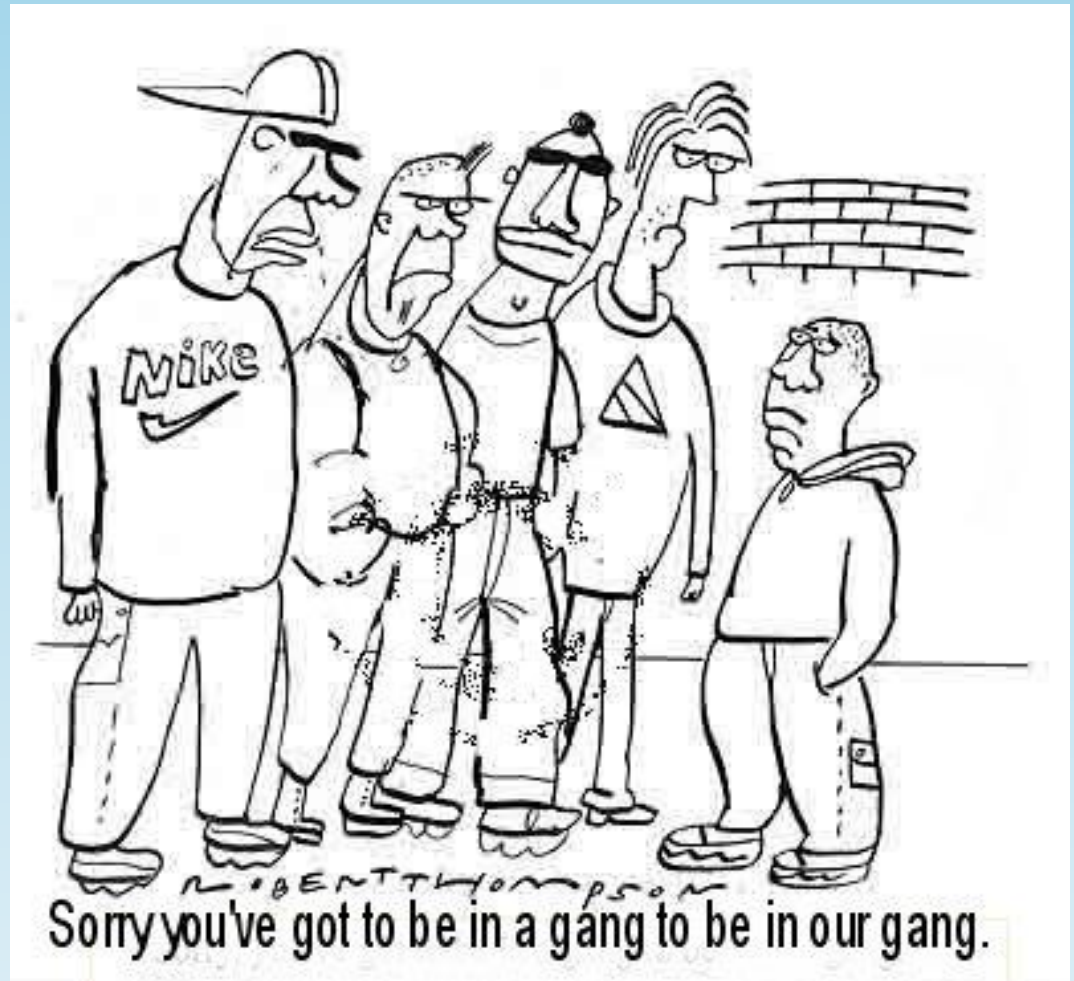
# School

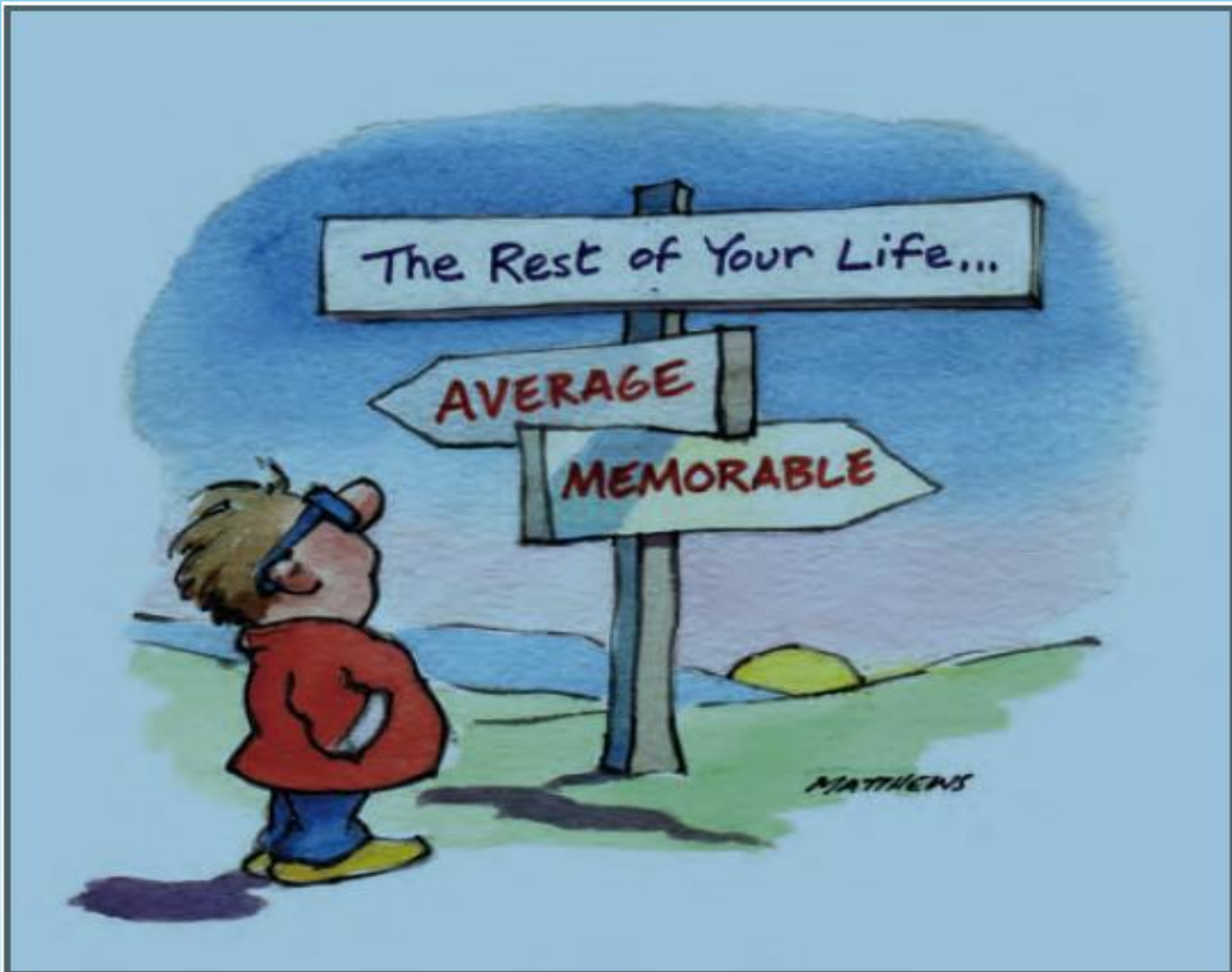
- Connectedness
- Safety
- Contribution
- Competence



# Peers

- Belonging
- Value School





Being a Happy Teenager

# Positive Psychology

“Positive psychology calls for as much focus on strength as on weakness and as much concern with fulfilling the lives of healthy people as healing the wounds of the distressed.”

(Seligman, 2002; Seligman & Csikszentmihalyi, 2000).



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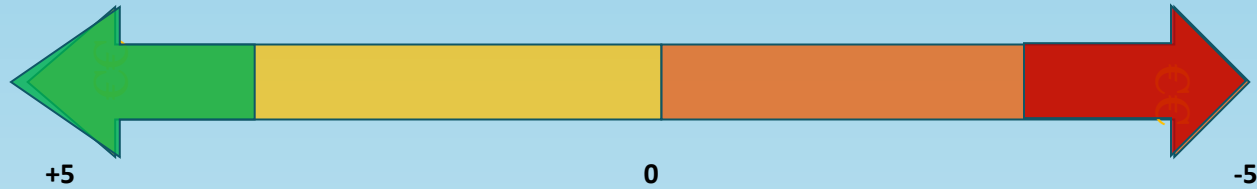
# Skills to promote Wellbeing

- Using our Strengths.
- Positivity.
- Interconnection / Relationships
- Gratitude & Kindness.
- Savouring
- Mindfulness.

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# Positive Psychology Mental Health

# Traditional Psychology Mental Illness



Meaningful Life  
Flourishing  
Other centered  
Contented  
Grateful

Engaged Life  
Active  
Busy  
Distracted  
Involved

Pleasurable Life  
Pleasure seeking  
Preoccupied  
Satiated  
Unsatisfied

Struggling  
Self-focused  
Discontented  
Negative focus

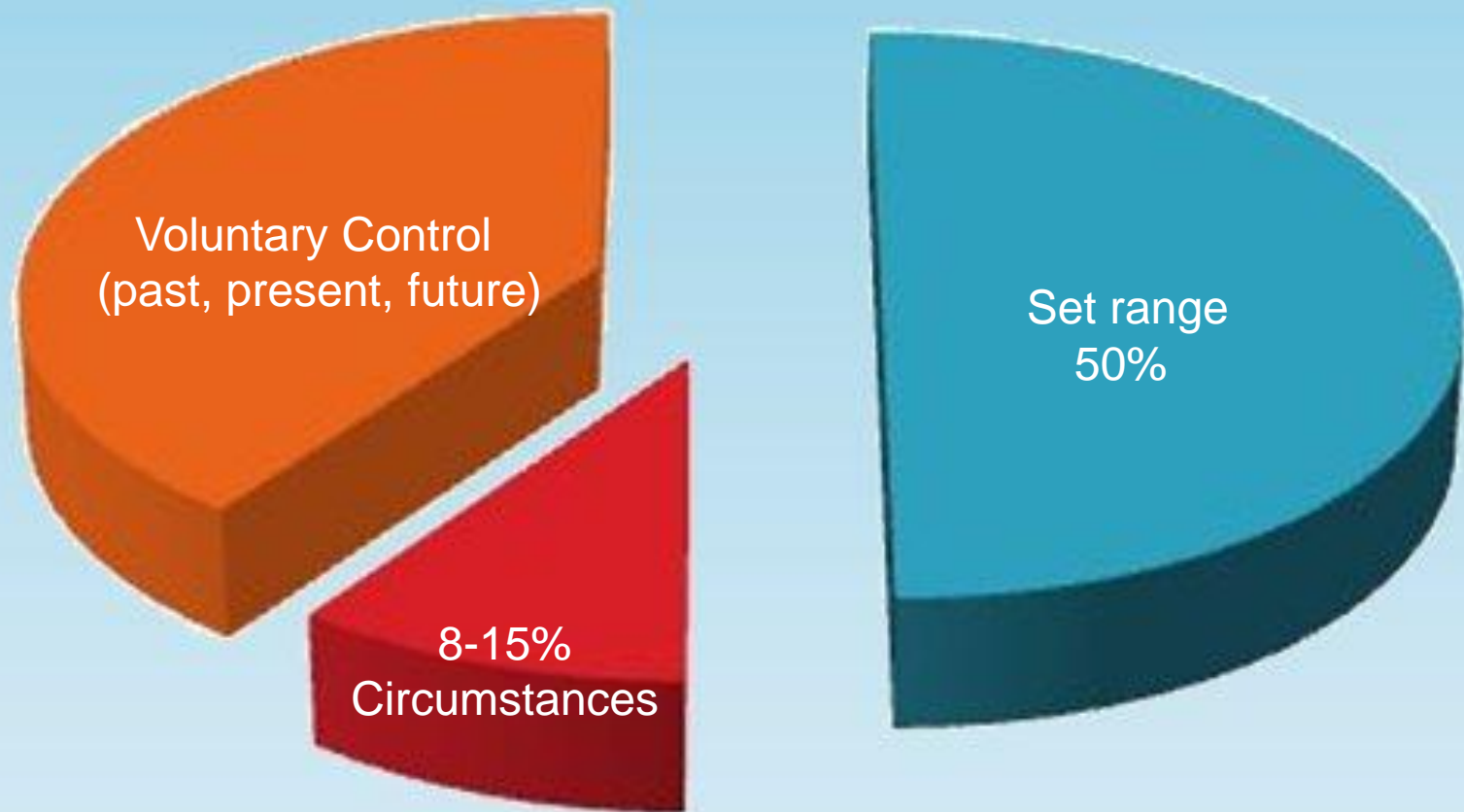
## Positive Psychology focuses on ...

- getting more pleasure out of life
- becoming more engaged in what you do and
- finding ways to make your life more meaningful.

<b><i>A well functioning person may .....</i></b>	<b><i>A poorly functioning person may .....</i></b>
<b><i>* Inspired by creativity, wonder, beauty &amp; awe</i></b>	<b><i>* Driven by escaping feared situations</i></b>
<b><i>* Open to change</i></b>	<b><i>* Struggle to keep things the same</i></b>
<b><i>* Tune into pleasurable experience</i></b>	<b><i>* Blunt senses to block unpleasant experiences</i></b>
<b><i>* Develop internal sources of gratification</i></b>	<b><i>* Seek external sources of stimulation</i></b>
<b><i>* Experience their thoughts, feelings</i></b>	<b><i>* Attach themselves to thoughts &amp; feelings.</i></b>
<b><i>* Can sit back and watch thoughts</i></b>	<b><i>* Get caught up in and pushed around by thoughts</i></b>
<b><i>* Able to put feelings into perspective</i></b>	<b><i>* Be overwhelmed by feelings (catastrophise)</i></b>
<b><i>* Know what they stand for</i></b>	<b><i>* Lack clear values</i></b>
<b><i>* Act in accordance with their values</i></b>	<b><i>* Act contrary to their values</i></b>
<b><i>* Attempt to identify and use strengths</i></b>	<b><i>* Attempt to identify and overcome weaknesses</i></b>
<b><i>* Express empathy and compassion</i></b>	<b><i>* Express self-centeredness and lack compassion</i></b>
<b><i>* Recognise and accept interconnectedness</i></b>	<b><i>* See themselves as an island or isolated</i></b>
<b><i>* Pay deep attention to the present</i></b>	<b><i>* Focus on the past or worry about the future</i></b>
<b><i>* Foster a grateful attitude</i></b>	<b><i>* Be a victim of their own expectations</i></b>



# Happiness= S + C + V

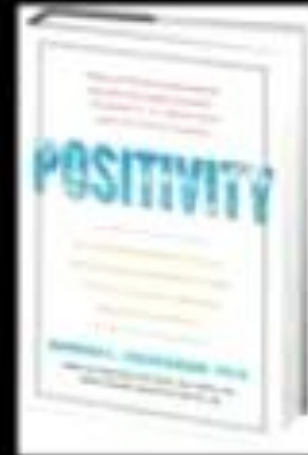


# Positive Emotions

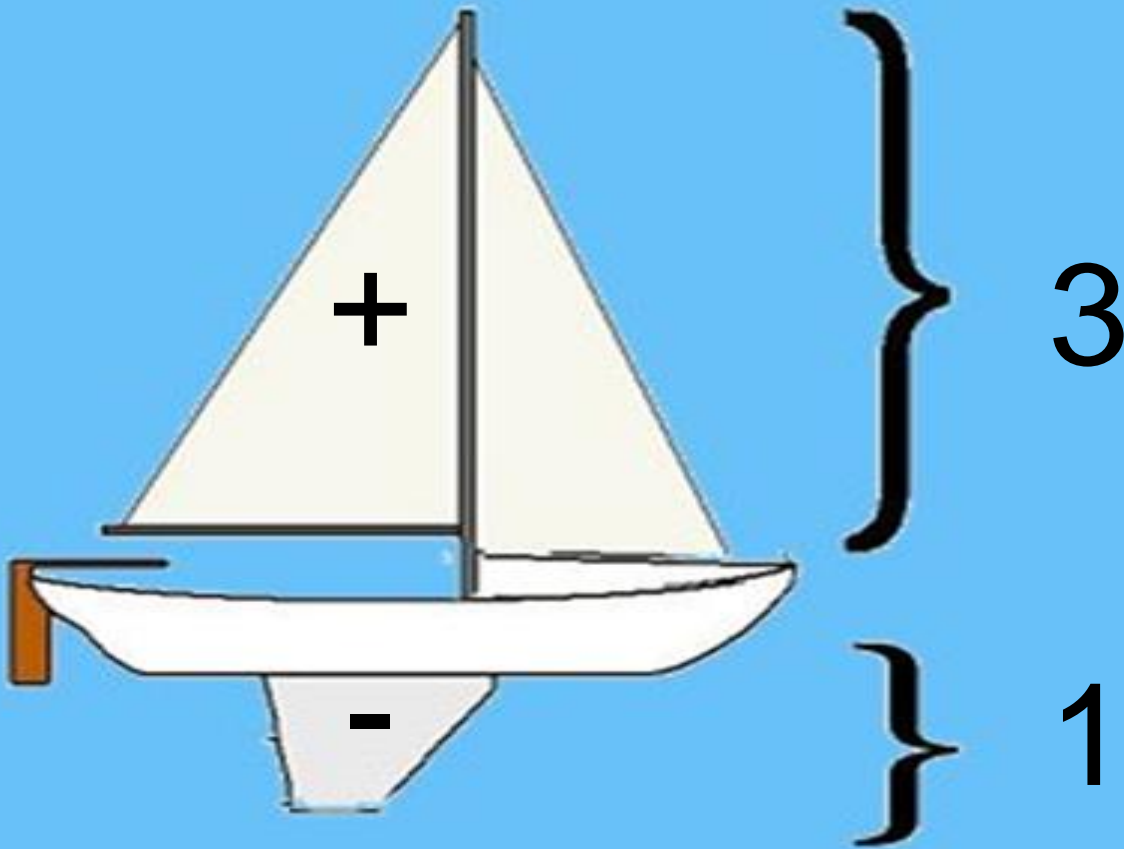
Barbara L. Fredrickson, Ph.D.

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Kenan Distinguished Professor  
Department of Psychology  
&  
Author, "Positivity"



# Positivity Ratio



## **Flight or Fight Response**

Emotions associated with threat (anxiety):

- narrow our focus of attention,
- reduce cognitive flexibility
- limit the range of behavioural responses.

**In Class results in:**

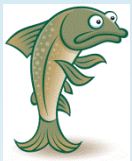
- narrow attention,
- poor retention,
- reduced verbalisations,
- reduced openness to information.



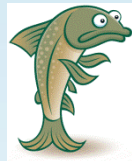
# Optimistic Thinking



Pesifish



Optifish



when bad things happen ...

It is permanent,  
and unable to be changed

It is global,  
and everything is bad

It is because of me,  
and things go wrong for me.

when good things happen ...

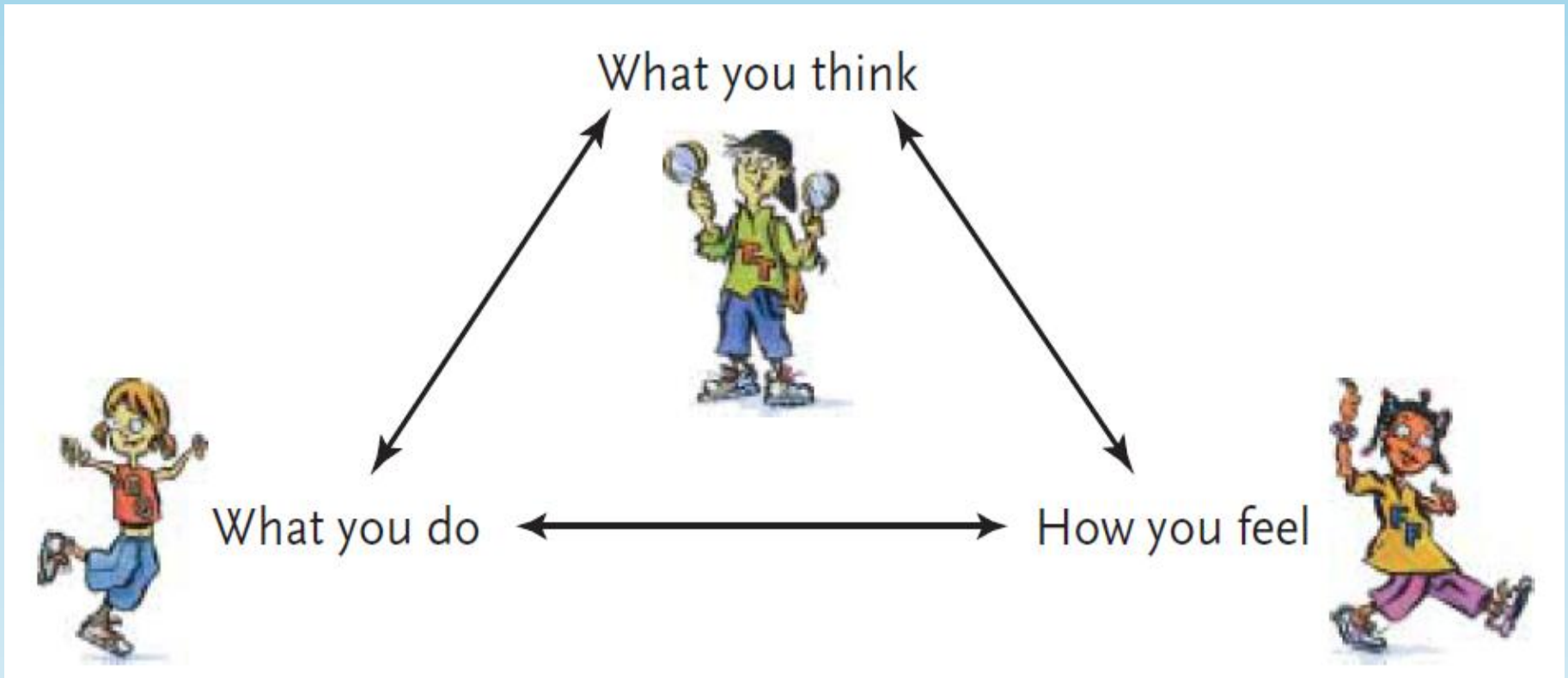
It is temporary,  
and won't last

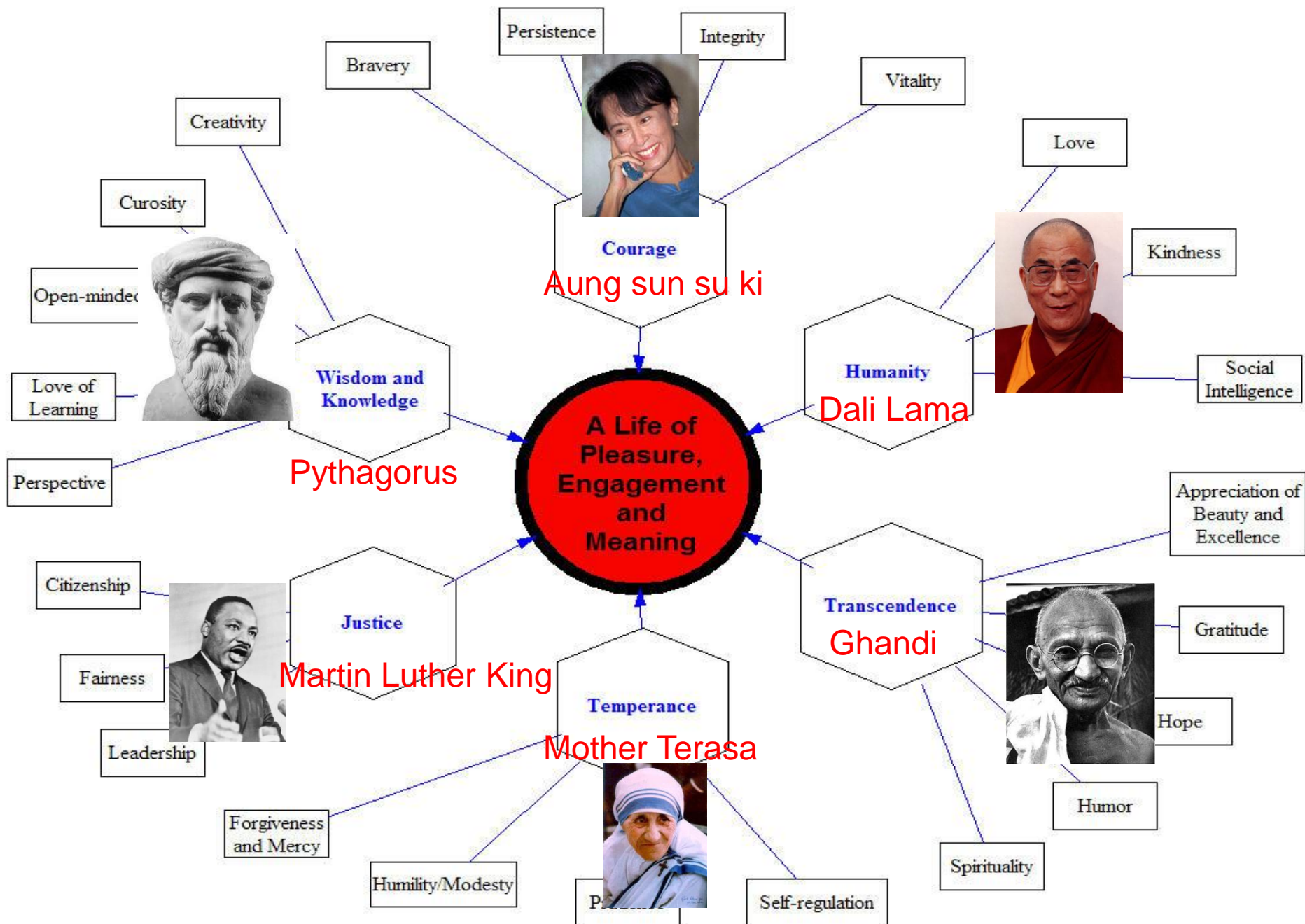
There is a specific reason for it,  
and it can't be repeated

It is because of others or other factors,  
and nothing I do makes a difference.



# Think-Good Feel-Good





## **What Strengths do Young People have?**

The most common strengths measured in younger people are:

- gratitude,
- humour &
- love
- 

The least common strengths measured in younger people are:

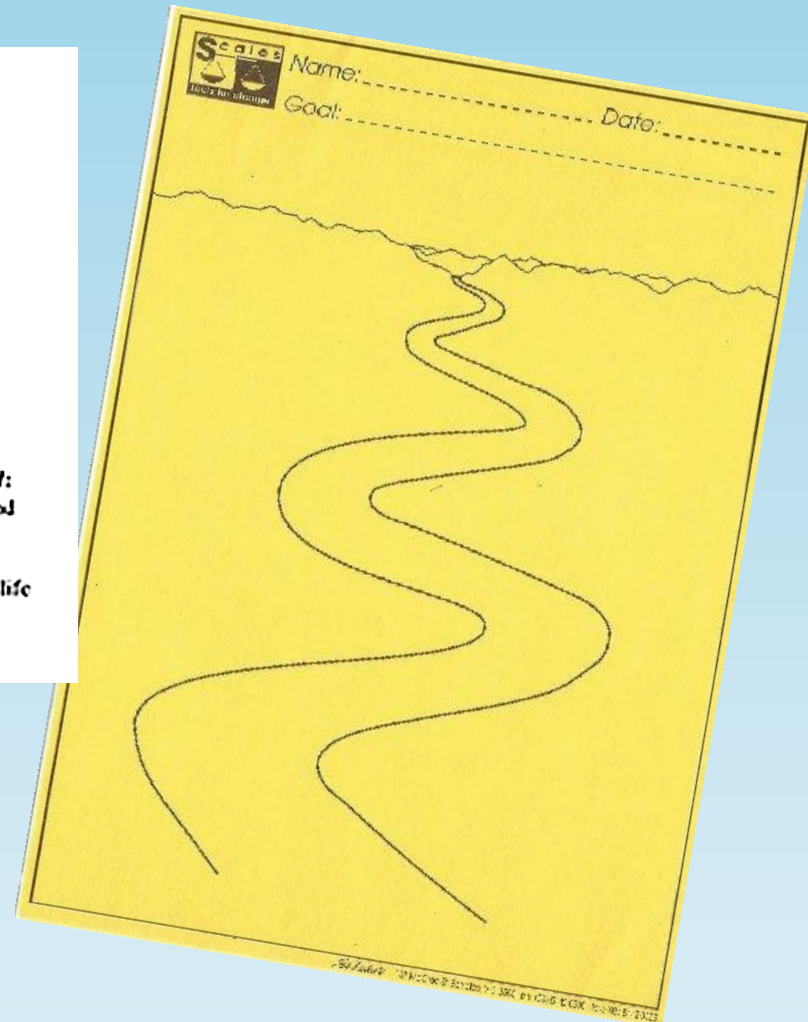
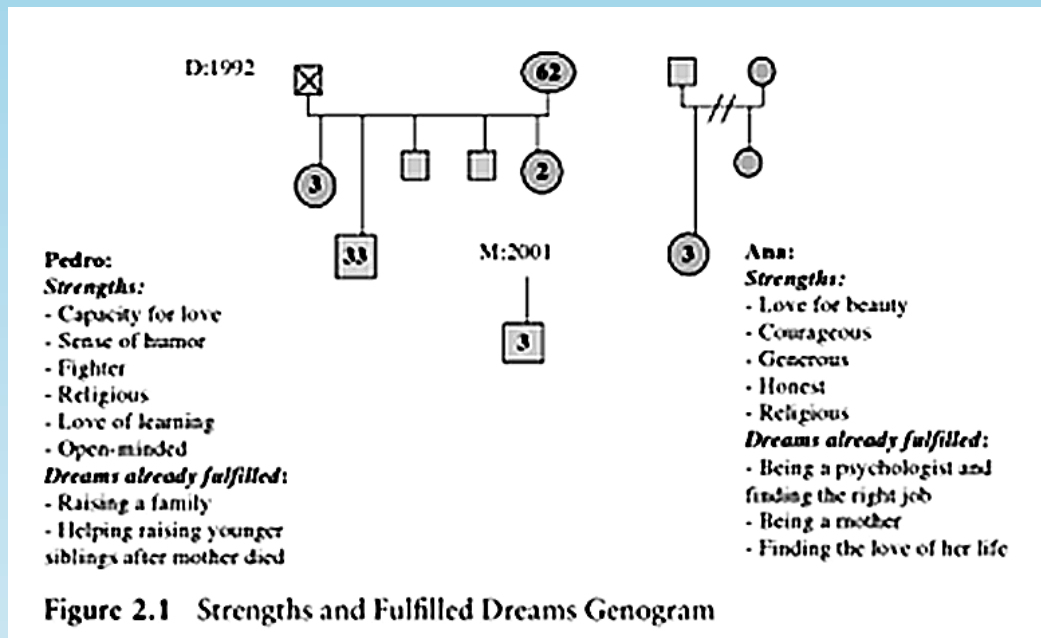
- prudence,
- forgiveness,
- spirituality &
- self-regulation

Those most commonly associated with life satisfaction are:

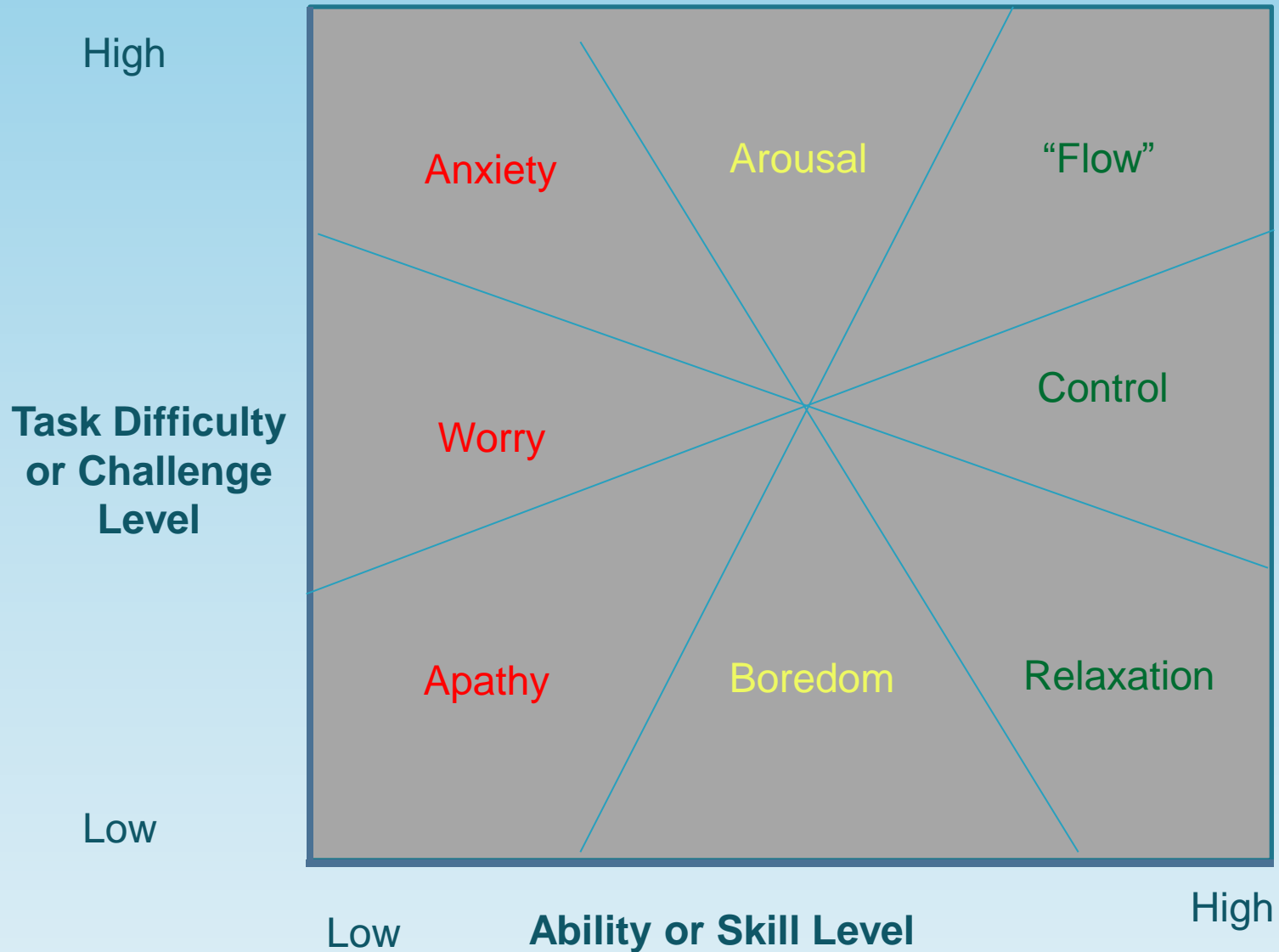
- gratitude,
- hope,
- zest,
- curiosity &
- love



# Family Tree Strengths



# Flow





Most happy when fully engaged in a task or in a state of flow.

### **Flow Theory**

Flow is associated with:

- complete absorption in complex task,
- attempting challenging tasks,
- high task engagement,

**In Class results in:**

- high level of achievement,
- intrinsic motivation,
- sense of satisfaction and fulfilment,

Moderate stress level encourages peak performance.

### **Motivation Theory**

Peak results on complex tasks when:

- arousal is moderate,
- low performance with high arousal,
- low performance with low arousal,

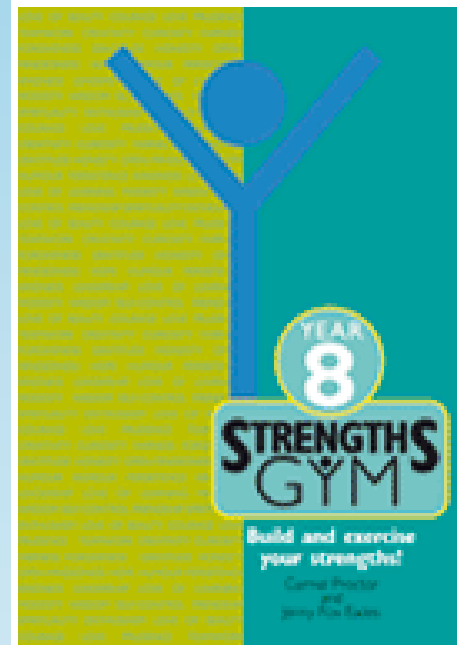
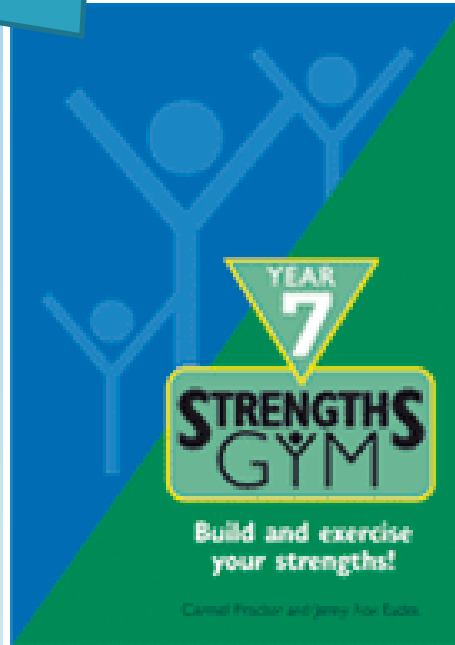
**In Class results in:**

- good result if stress is matched to task,
- extrinsic motivation,
- stress reduced when task completed.

# PP Programs

- Strengths Gym
- Transition to H.S.
- Integrated Lessons
- WELL Program
- Project Wellbeing
- Exercise Your Mood
- Max the Mind

This program is  
commercially  
available.



Character Strengths

# Positive Psychology Across Curriculum

- Science Experiments – eg: smile water experiment
- English - Study Character
- Maths - Statistical Studies
- PDHPE
- Computing
- Character Studies

Kill two birds with one stone. Meet curriculum outcomes while teaching positive research-based life skills.



# A Positive Start to High School

(some tips from Positive Psychology)

## THE ROAD TO HIGH SCHOOL

**Your road to high school** actually started a long time ago. In fact you've had at least one big change before (when you started Kindergarten).

**Most of you will have had other big changes too like** - moving house, new school, travelling, changes in your family, new friends etc....

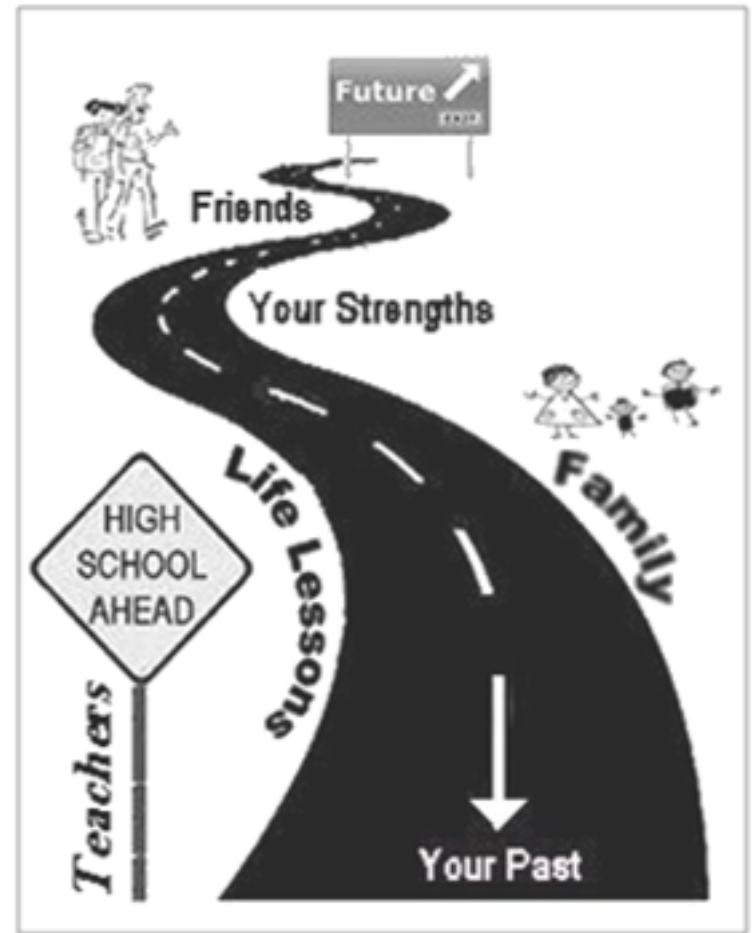
*List some of the changes that have happened in your life:*

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Introduce Positive Psychology principles in your Yr 6/7 transition program . (Attached to your email)

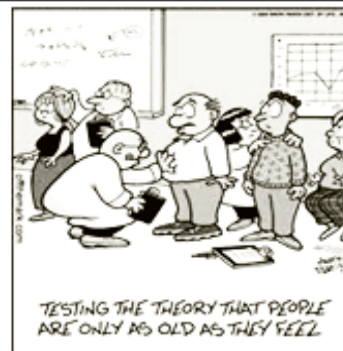


Transition Program

## Positive Psychology Experiment

### YOU HAVE A GOOD EXPERIMENTAL DESIGN IF:

- o Clearly state your hypothesis.
- o Make sure the experiment is safe and ethical.
- o Work out how you will measure the variables.
- o Make sure you only change one variable at a time.
- o Decide which are dependent and independent variables.
- o Have a plan to ensure that other factors are kept constant.  
(So that your experiment could be repeated.)



### DIRECTIONS

Use the space below to design an experiment to test how gratitude practice affects your happiness.

A large rectangular box with a thin black border, intended for writing the experimental design. It has a small green dot at the top center and a small blue square at the bottom center, connected by a vertical line.



Find ways to  
introduce  
Daily  
reminders.

## MONDAY



These WELL Daily Reminders help to develop the **Habits of Happiness** (or Wellbeing). Think of your habits from primary school & decide which ones to leave behind and replace with new ones. In the next few weeks we will look at improving your habits.

These include:

- Habits of ACTION (behaviour)
- Habits of MIND (thinking),
- Habits of EMOTION (feeling) &

*"Watch your thoughts, for they become words.  
Watch your words, for they become actions.  
Watch your actions, for they become habits.  
Watch your habits, for they become character.  
Watch your character, for it becomes your destiny."*



**Daily Tip:** **MAKE A PLAN:** Start with a good habit and try to make it even better.

## TUESDAY

Today's quick quiz will help you check the type of good **ACTION** habits you have.

These are habits of behaviour. Tick Yes or No for each of the following activities:

Daily exercise?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Health
Mostly do homework?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Study
Clean your room?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Domestic
Try hard with school work?	Y <input type="checkbox"/>	N <input type="checkbox"/>	School
Meet friends regularly?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Social
Spend time with family?	Y <input type="checkbox"/>	N <input type="checkbox"/>	Family

*How did you rate? Are there some areas better than others? Now think about a habit you would like to develop or improve. You might get some clues about school habits from your old reports or other comments.*

*"Motivation is what gets you started. Habit is what keeps you going." Jim Rohn*

**Daily Tip:** **TRY SOMETHING NEW:** Get a buddy to help you build a good habit.

## WEDNESDAY

Try using **SMART** goals. These are:

1. Specific - target is crystal clear (eg. Do not 8 p 10 of maths NOT do some study).
2. Measurable - you can tell how close you are getting,
3. Achievable - it can be done in the timeframe,
4. Realistic - it is relevant to your life & learning



*"Habits are safer than rules; you don't have to watch them. And you don't have to keep them either. They keep you."* Frank Crane

**Daily Tip:** **WORK ON YOUR STRENGTHS:** Start with something you can achieve.

# Project Wellbeing

- Yr 11 / Yr 9 Mentoring
- Creative
- Student Driven
- Pre-training in Positive Psychology
- Group Project Outcome

See sample video attached to email

# Activities for Kindness

RAK Lessons

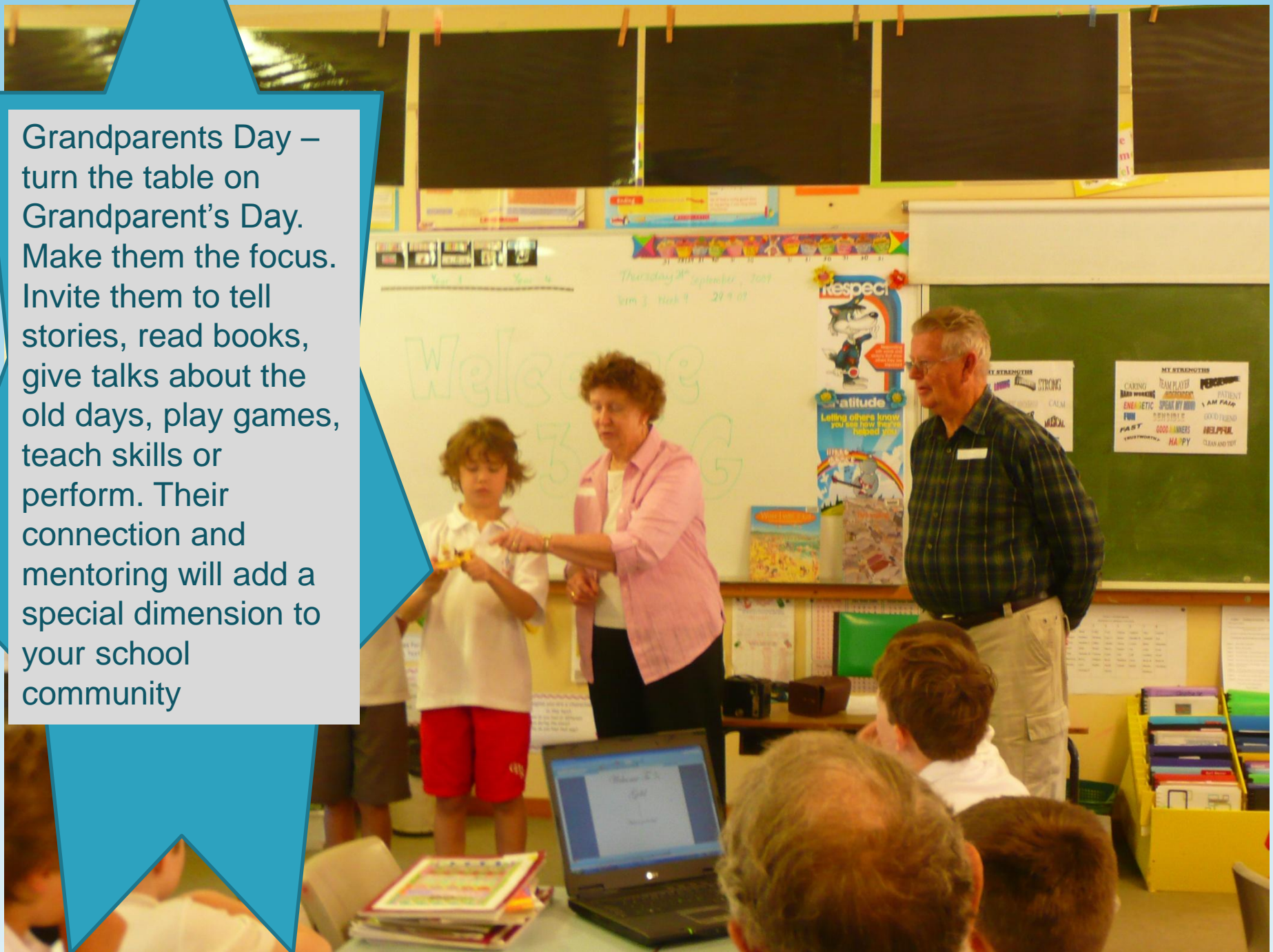
[www.actsofkindness.org](http://www.actsofkindness.org)

# Wake Up Sydney



<http://www.wakeupsydney.com.au/>

Grandparents Day –  
turn the table on  
Grandparent's Day.  
Make them the focus.  
Invite them to tell  
stories, read books,  
give talks about the  
old days, play games,  
teach skills or  
perform. Their  
connection and  
mentoring will add a  
special dimension to  
your school  
community

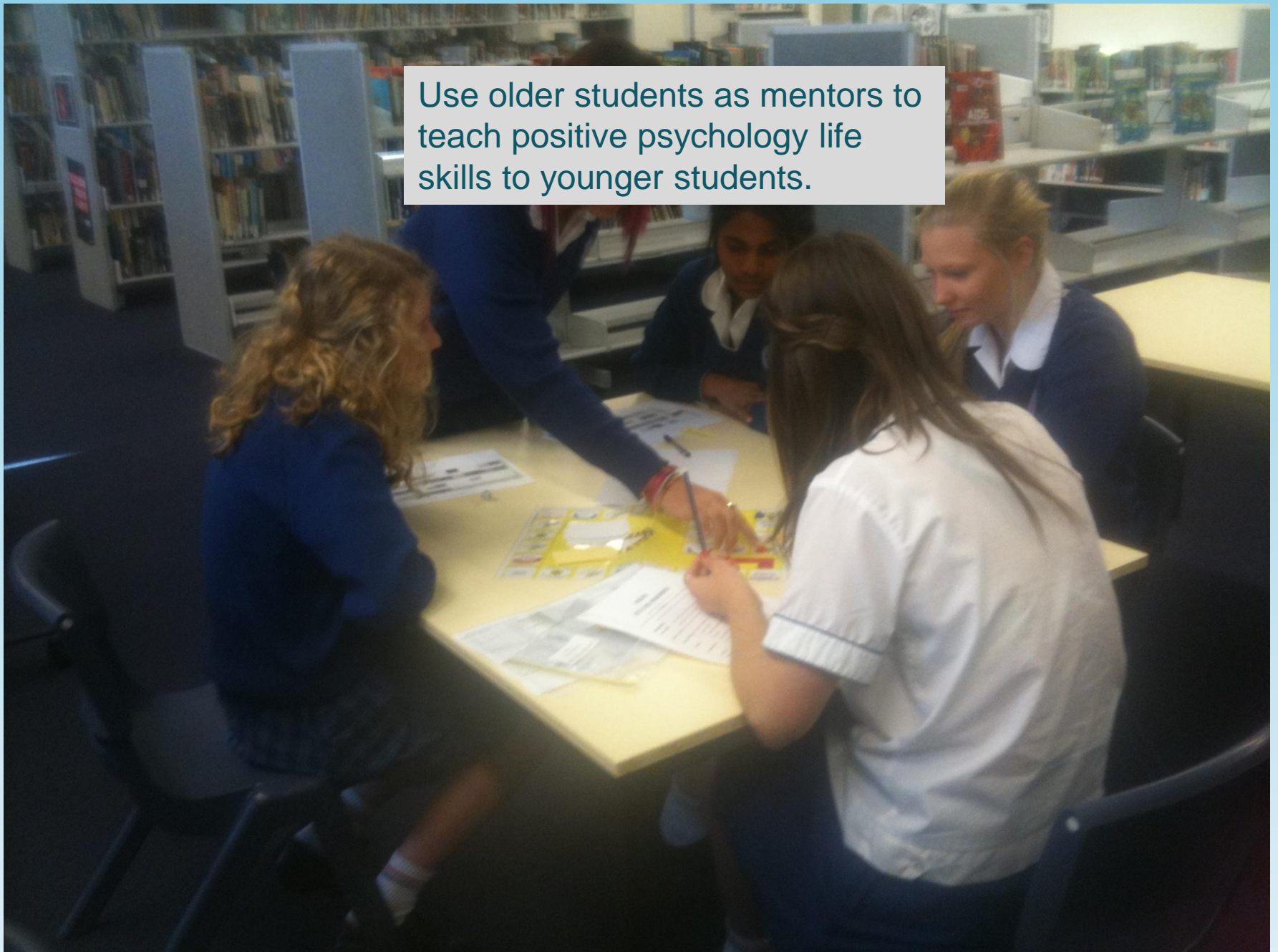








Use older students as mentors to teach positive psychology life skills to younger students.



# Some Websites to get you started

<http://www.actionforhappiness.org/>

<http://www.thestrengthsfoundation.org/>

<http://www.authentichappiness.sas.upenn.edu/Default.aspx>



Start by you  
taking the  
SIGNATURE  
STRENGTHS  
TEST at

**YOUTUBE VIDEO Jenny Fox Eades**

<http://www.youtube.com/watch?v=YA6Mr1VbJV0>